

# HEALTHY SPORTS CLUBS



## INCLUSION HEALTH AREA



### BACKGROUND

People from diverse backgrounds who have access to sport and physical activity opportunities are valuable and dedicated club community members. They bring a wealth of skills, knowledge and experience to various club roles, including playing, coaching, committee roles and volunteering. Additionally, they act as role models to other club members and the wider community, and can bring more local connections to clubs.

As in the case of other community members, participating in sport and physical activity enables people from diverse backgrounds to receive physical, mental, and social benefits.

People from diverse backgrounds have the right to participate in sport and lead healthy and active lifestyles free from discrimination, but they often face barriers that can reduce or prevent their participation in physical activity and sports. Sports clubs can actively reduce these barriers by taking steps to make their clubs more accessible, welcoming and inclusive.

The **Inclusion** health area comprises several sub-areas that clubs can choose from. The 'Inclusion General' health area focuses on being inclusive of all and eliminating discriminatory practices. Otherwise, clubs may choose to work on an inclusion sub-area for a particular population group:

- Culturally & Linguistically Diverse communities
- Aboriginal & Torres Straight Islanders
- Women & Girls
- People with Disability
- LGBTI+
- Older People

**CONTACT MONASH HEALTH TO REGISTER YOUR CLUB:**

[healthpromotion@monashhealth.org](mailto:healthpromotion@monashhealth.org)

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## INCLUSION HEALTH AREA



### ACHIEVING THIS HEALTH AREA

The **Inclusion** health area involves providing equal opportunity to people from diverse backgrounds to participate in physical, recreational and social activities at the club. Steps are taken to ensure that people from diverse backgrounds feel safe and valued to access, join or visit sports clubs.

Clubs will be supported to complete targets using the *Healthy Sports Clubs* framework, including:

- Creating an inclusive, accessible and supportive environment for all
- Building connections with relevant community/support services
- Creating a supportive and inclusive culture

This health area has a strong focus on consultation with the community.

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